

MELINE
HOMECARE
Guidelines

MERAKI SKIN CLINIC



This is an intense protocol and may cause noticeable skin reactions such as redness, irritation, dryness, flaking, and peeling. Allow up to 6 weeks for your skin to adjust.

Use the products for at least 90 days. You must wear sunscreen in the morning to protect your skin. This protocol can make your skin more sensitive to the sun.

YOUR ROUTINE

Starting Out

Day 1-7: Use the **MELINE Day** serum for 1 week before starting your MELINE Night cream.

AM Routine

1. **Cleanse** with a Gentle Cleanser
2. Apply a thin layer of **MeLine 02 Day**, avoiding the eyes and lips. Massage the product into your skin until fully absorbed.
3. Apply Moisturizer
4. Apply a thick layer of Sunscreen

PM Routine

1. **Cleanse** with a Gentle Cleanser
2. Apply a thin layer of **CIMEL Dry Skin Repair**
3. Apply Moisturizer

Stepping Up

Day 7-90: If your skin has adapted well, you may start your **MELINE 02 Night** cream.

AM Routine

(Same As Above)

PM Routine

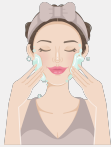
1. **Cleanse** with a Gentle Cleanser
2. Apply a thin layer of **MeLine 02 Night Cream**, avoiding the eyes & and lips. Massage the product into your skin until fully absorbed.
3. Apply a thin layer of **CIMEL Dry Skin Repair**
4. Moisturize with a thick moisturizer

Day 1-7: Starting Out

Use the MELINE Day serum for 1 week before starting your MELINE Night cream.



AM



1. Cleanse



2. MELINE Day
Cream

*Avoid Eyes &
Lips, Massaging
until fully
absorbed



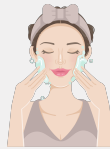
3. Moisturize



4. Sunscreen



PM



1. Cleanse



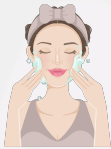
2. CIMEL Dry Skin
Repair

Day 7-90: Stepping Up

If your skin has adapted well (no irritation, redness); you may start your MELINE Night cream.



AM



1. Cleanse



2. MELINE Day
Cream

*Avoid Eyes &
Lips, Massaging
until fully
absorbed



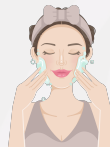
3. Moisturize



4. Sunscreen



PM



1. Cleanse



2. MELINE Night
Cream

*Avoid Eyes &
Lips, Massaging
until fully
absorbed



3. CIMEL Dry Skin
Repair

4 Months+ Post Care: Suppression

When skintone unevenness is NO LONGER visible.

Continue ALL protocols at the following intervals.

MAINTENANCE

After 3-4 months of use: Use this routine when you no longer have pigmentation and is looking to maintain your results.

SUMMER

AM Routine: Day serum 7 days a week

PM Routine: Night Cream 1-2 days per week

FALL/ WINTER/ SPRING

AM Routine: Day serum 2-3 days / week

PM Routine: Night Cream 2-3 days per week

If Irritation Occurs...

Stop Usage. If you experience skin irritation, stop using the product and hydrate your skin until it heals.

Reintroduce the product once your skin feels better, and apply every other day for 1-2 weeks.

Expected Side Effects...

Some redness, irritation, dryness, flaking, peeling or breakouts are normal reactions. This will get better after 6 weeks of usage,